



Healthy Eating Eat More Vegetables

Discover fast ways to cook.

Steam fresh or frozen vegetables in the microwave for a quick side dish.

Be ahead of the game.

Cut up bell peppers, carrots or broccoli and pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip or in a veggie wrap.

Choose vegetables rich in color.

Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens.

Check the freezer aisle.

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Look for frozen vegetables without added sauces, gravies, butter or cream.

Stock up on veggies.

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

Make your garden salad glow with color.

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots or watercress.

Sip on some vegetable soup.

Heat it and eat it. Try tomato, butternut squash or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

While you're out...

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

Savor the flavor of seasonal vegetables.

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.

Try something new

Choose a new vegetable that you've never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov or www.choosemyplate.gov/recipes-cookbooks-and-menus.